July 2020
Aqua Class Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Pool</td>
<td>Aqua Zumba 9:00-9:45 w/ Carol</td>
<td>Aqua Zumba 9:00-9:45 w/ April</td>
<td>Aqua Zumba 9:00-9:45 w/ Alison</td>
<td>Aqua Zumba 9:00-9:45 w/ Carol</td>
<td>Aqua Fit 8:00-8:55 w/ Michelle</td>
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<tr>
<td>Pool</td>
<td>Aqua Toning 9:50-10:35 w/ Carol</td>
<td>Aqua Toning 9:50-10:35 w/ April</td>
<td>Aqua Toning 9:50-10:35 w/ Alison</td>
<td>Aqua Toning 9:50-10:35 w/ Carol</td>
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<tr>
<td>Pool</td>
<td>WATER WORKS WONDERS 11:15-12:00 w/ Pat</td>
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<tr>
<td>Pool</td>
<td>Aqua Toning w/ Christina 6:15-7:00</td>
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Aqua Fitness Group Exercise Class Descriptions

WATER WORKS WONDERS:
This water class is designed for people with any type of arthritis. The class allows participants to exercise without putting excess strain on their joints and muscles.

AQUA TONING:
A muscle toning class that uses the resistive nature of water to tone the body.

AQUA ZUMBA or AQUA FIT:
A class offering a safe, challenging, water-based workout that’s cardio-conditioning AND body toning.